

Statistics Report 01230, Milk, buttermilk, fluid, whole

Report Date: July 11, 2017 15:10 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	87.91	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Energy	kcal	62	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Energy	kJ	260	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Protein	g	3.21	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Total lipid (fat)	g	3.31	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Ash	g	0.68	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Carbohydrate, by difference	g	4.88	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Sugars, total	g	4.88	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2011
Minerals													
Calcium, Ca	mg	115	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Iron, Fe	mg	0.03	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Magnesium, Mg	mg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Phosphorus, P	mg	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Potassium, K	mg	135	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Sodium, Na	mg	105	--	--	--	--	--	--	--	--	Calculated or imputed	01088	08/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.38	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Copper, Cu	mg	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Manganese, Mn	mg	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Selenium, Se	µg	3.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Thiamin	mg	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Riboflavin	mg	0.172	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Niacin	mg	0.090	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Pantothenic acid	mg	0.380	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin B-6	mg	0.036	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Folate, total	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Folate, food	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Choline, total	mg	14.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin B-12	µg	0.46	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin A, RAE	µg	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Retinol	µg	46	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin A, IU	IU	165	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin D (D2 + D3)	µg	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin D3 (cholecalciferol)	µg	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin D	IU	52	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Lipids													
Fatty acids, total saturated	g	1.899	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
4:0	g	0.076	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
6:0	g	0.076	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
8:0	g	0.076	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
10:0	g	0.076	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
12:0	g	0.078	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
13:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.302	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
16:0	g	0.844	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
17:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
18:0	g	0.371	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
20:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
22:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Fatty acids, total monounsaturated	g	0.827	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
18:1 undifferentiated	g	0.827	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Fatty acids, total polyunsaturated	g	0.198	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
18:2 undifferentiated	g	0.122	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
18:3 undifferentiated	g	0.076	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Cholesterol	mg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Amino Acids													
Tryptophan 1 2 3 4	g	0.041	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Threonine 1 2 3 4	g	0.137	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Isoleucine 1 2 3 4	g	0.166	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Leucine 1 2 3 4	g	0.304	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Lysine 1 2 3 4	g	0.269	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Methionine 1 2 3 4	g	0.084	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Cystine 1 2 3 4	g	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Phenylalanine 1 2 3 4	g	0.166	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Tyrosine 1 2 3 4	g	0.162	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Valine 1 2 3 4	g	0.210	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Arginine 1 2 3 4	g	0.092	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Histidine 1 2 3 4	g	0.097	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Alanine 1 2 3 4	g	0.108	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Aspartic acid 1 2 3 4	g	0.275	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Glutamic acid 1 2 3 4	g	0.721	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine 1 2 3 4	g	0.064	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Proline 1 2 3 4	g	0.317	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Serine 1 2 3 4	g	0.193	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD
²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD
³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD
⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD